

Paint 1 full body muscles (51)

say function (table of contents)

Face and Neck Muscle Diagram - frontalis - move your eyebrows(expressions)

, orbicularis oculi- closes the eyelids,

zygomaticus- draws the angle of the mouth superiorly and posteriorly,

buccinators opening & losing jaw,

orbicularis oris - controls movements of the mouth and lips. Specifically, it encircles the mouth,

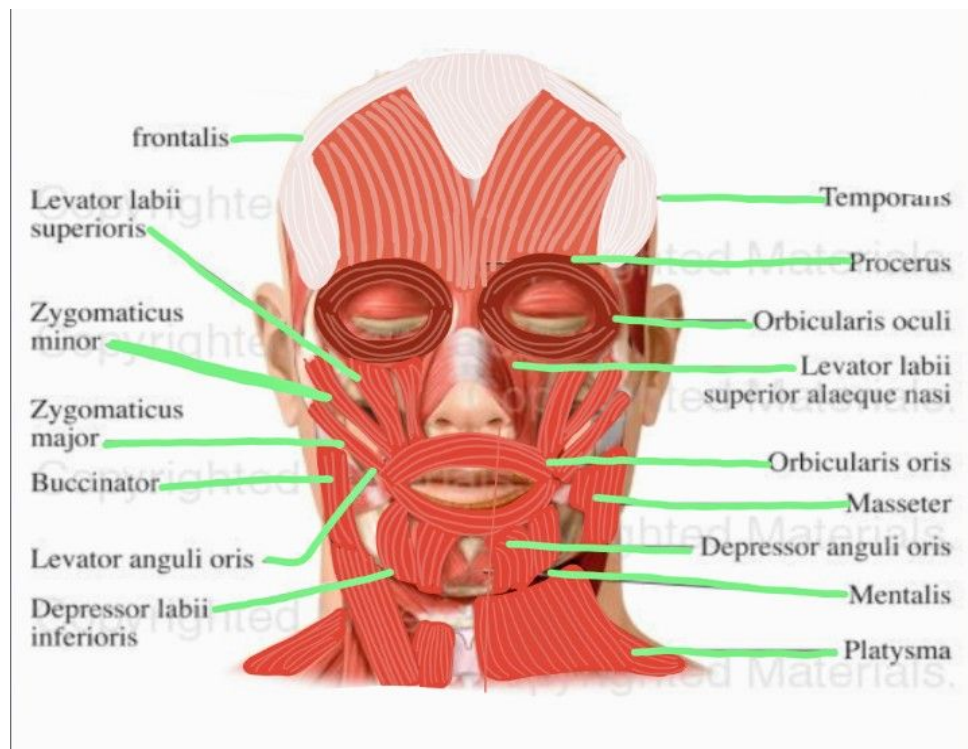
masseter- the chewing of solid foods,

temporalis elevation of the mandible,

occipitalis move the scalp back,

platysma which forms a frown,

sternocleidomastoid rotation of the head to the opposite side and flexion of the neck



Muscles of the Front of the Trunk Diagram -

deltoid Abduction of the arm

, pectoralis major throwing a ball underhand,

biceps brachii The function of the biceps at the elbow is essential to the function of the forearm in lifting.,

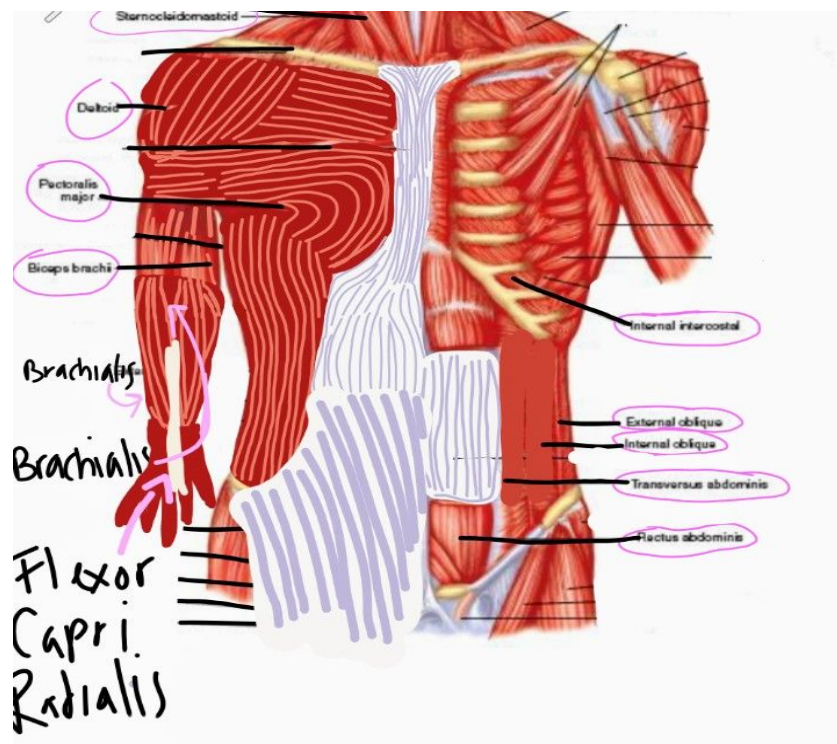
brachialis, prime mover of elbow flexion.

Brachioradialis flexes the forearm at the elbow. It is also capable of both pronation and supination

rectus abdominis flexion of thoracic and lumbar spine

, transverse abdominus deep breathing

, internal oblique, support the abdominal wall, help with forced respirations, provide stability to the spine, and aid with trunk rotation. When exhaling, the internal obliques contract and push the organs of the abdomen into the chest cavity. external oblique, intercostals These muscles help expand and shrink the size of the chest cavity to facilitate breathing



Back of the Trunk Diagram

- deltoid Abduction of the arm

, trapezius, used to tilt and turn the head and neck, shrug, steady the shoulders, and twist the arms.

triceps brachii, (straightening of the arm

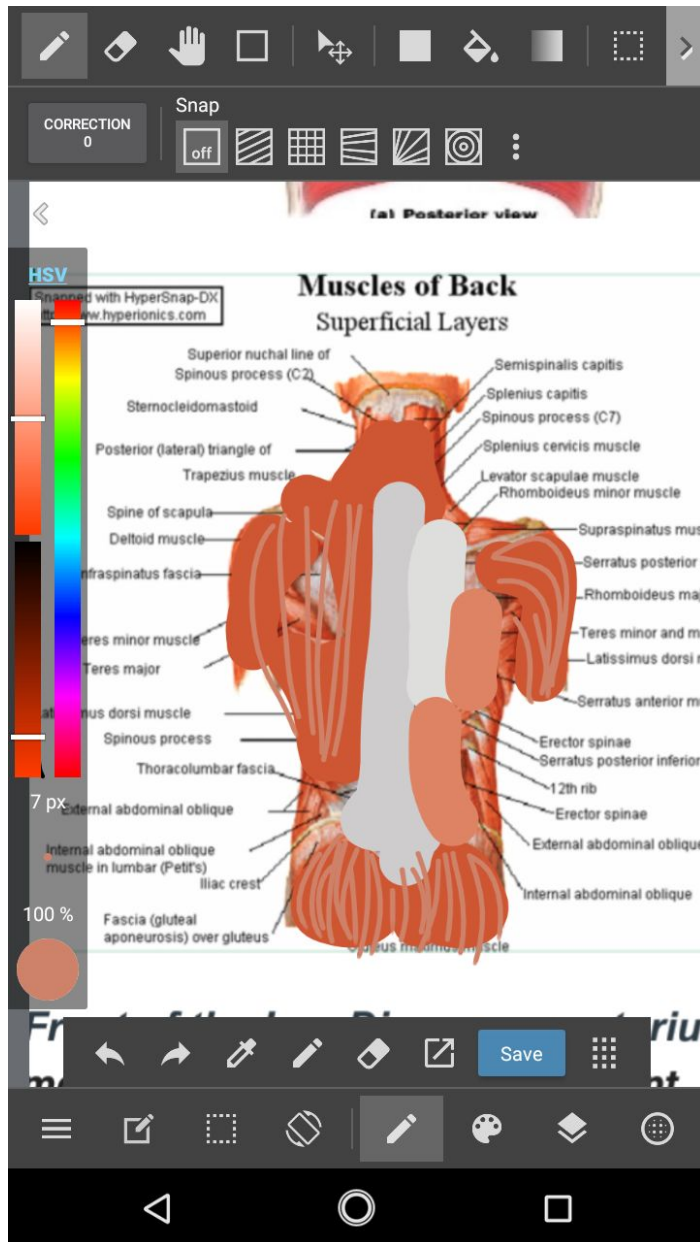
latissimus dorsi, internal rotation of the shoulder joint.

extensor carpi radialis facilitates movement at the wrist,

flexor carpi ulnaris- the extensor carpi ulnaris to adduct the wrist

, flexor carpi radialis bending the wrist down/forward) and wrist abduction (bending the wrist towards the thumb side of the hand).

, extensor digitorum- extension for fingers 2 through 5, as well as for the hand and wrist.



Front of the Leg Diagram - sartorius- move the hip joint and the knee joint
, adductor muscle adduct the thigh and it is innervated by the obturator nerve,
quadriceps- stabilising the patella during movement. :
rectus femoris- extend or raise the knee.
, quadriceps:patella during movement.
Vastus- allow the body to rise up from a squatting position

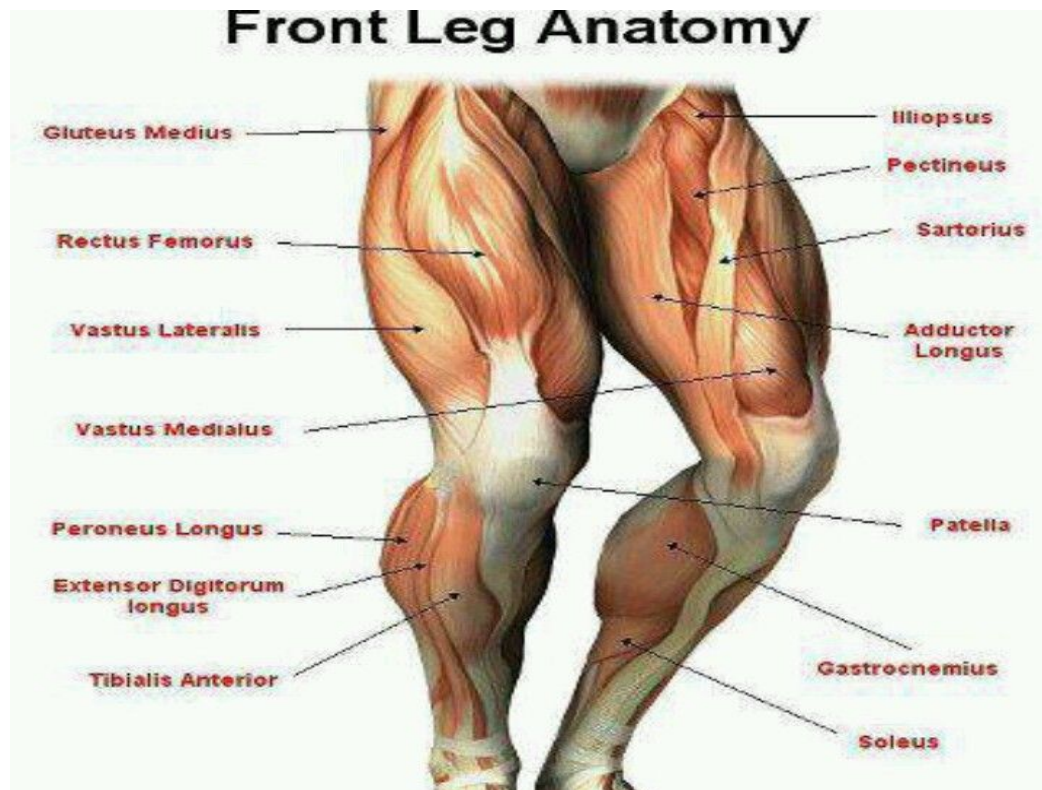
lateralis, to extend the lower leg

Medialis- knee extension, along with the other muscles which make up the quadriceps muscle.,

Iliopsoas- prime mover of hip,

tibialis anterior,- invert the foot.

fibularis longus- acts to evert and plantarflex the ankle.



Back of the Leg Diagram -

gluteus medius- rotation of the thigh outward from the center of the body,

, gluteus maximus- movement of the hip and thigh

, adductor muscles- adduct the femur at the hip joint,

biceps femoris,- extending the thigh, bending the knee, and rotating the knee

semitendinosus- flexed and medially rotate the femur

semimembranosus- enabling the leg to flex and rotate,

, gastrocnemius,-plantar flexing the foot at the ankle joint

Soleus- increase the angle between the foot and the leg

Rear Leg Anatomy

